

InShape

West Valley City Fitness and Recreation Center News



Dog Days of Summer 2013

Saturday, August 24
12:00 - 3:00 p.m.

Small dogs only (under 25 pounds) from
12:00 p.m. to 12:30 p.m.

If your best friend is a jumper, enter them in the
Doggy Long Jump contest from
12:30 p.m. to 1:00 p.m.

If your best friend is a fast swimmer enter them in the
Doggy Paddle race from 1:30 to 2:00 p.m.

Each dog will get a doggy bag of goodies and there
will be prizes given throughout the event.

Admission fee is \$4.00 OR \$3.00 plus an item for the
West Valley City Animal Shelter



West Valley City Triathlon

Saturday, August 10, 2013

Standard & Novice Divisions
\$35 per person or \$75 per team

Kids Mini-tri
\$15 per person

Registration for all three events will be accepted at the Family Fitness Center
front desk until 10:00 p.m. on Friday, August 9th. \$5 late fee after August 1.
Mailed registration must be received by August 3rd.

*Registration includes a T-Shirt for each athlete, entry into a raffle for prizes
and a post race breakfast. Trophies for overall Men's and Woman's winners
in Standard and Novice Division. Ribbons for first through third place in each
adult division.



K9-2K

Saturday, August 24, 2013
Race starts at 10:30 a.m.

Register at the Family Fitness Center, by mail
(must be postmarked by August 17th), or day of race.

Entry Fee: \$10 per dog; includes admission to Dog
Days event, a gift for each participating dog,
prize drawing and ribbons 3 deep.

Entries received after August 17, 2013
will have a \$5 late fee added.

Coaches Needed:
Volunteer Coaches needed. Call
801-955-4012 to volunteer.
Training and materials provided.

Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress
out of planning your next birthday party. With three packages to choose
from, there's no better way to celebrate!

Party options start at \$70. Call 801-955-4000 for more information.

Fall Recreational Soccer League

Fall Recreational Soccer League for boys
and girls ages 3 1/2 to 12 years old.

August 3 - September 28
Saturdays, beginning at 9:00 a.m.

Centennial Park

\$40.00 per player; register by
July 21

Fall Recreational Softball League

Fall recreational softball league
featuring men's and co-ed teams.

Games begin week of August 19

Centennial Park

\$325 per team; register by August 11
(\$50 late fee may apply after
August 11)

Fall T-Ball & Coach Pitch

Fall T-ball and coach pitch for boys and girls ages 3 1/2 to 6 years old. Games and
instruction are designed to teach basics: how to stand at bat, holding and swinging
the bat, how and where to run, fielding, catching and throwing.

Thursday, August 22 to September 26, 2013

\$40.00 per child includes t-shirt, visor, team & individual photo and
participation award; register by August 4

5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.wvc-ut.gov/fitnesscenter

Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 4 p.m.

Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.

Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.